

Roasted Maple Pecan Pears

Bring fall into your home.



Pears are packed with antioxidants, fiber, vitamins and minerals and will have your home smelling like fall in no time!

Ingredients (Serves 8)

4 medium firm pears, preferably Bosc

½ cup maple syrup

½ tsp cinnamon

¼ cup finely chopped pecans

Directions

Preheat oven to 350 degrees.

Quarter the pears length- wise, and remove the cores and stem ends. Arrange in a 9-by-9-inch nonstick baking pan.

Combine syrup and cinnamon and drizzle over the pears, then scatter the pecans over the pears.

Bake until the pears are tender but not overcooked, 25 to 30 minutes. Stir the mixture well about 15 minutes into the baking time. Cut into 8 even square

(Recipe courtesy of James F. Loomis, MD, MBA, Medical Director, Barnard Medical Center.)

Nutritional information Per serving ½ pear

Calories 122

Fat 2g

Cholesterol 0 mg

Sodium 3 mg

Carbohydrates 26.4 g

Fiber 3 g

Protein 2.4 g

Sugar 19.9 g

Potassium 150 mg

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